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Independent voice of the University of Tennessee at Martin

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Haslam furthers Drive to 55 with 'Tennessee Promise'

Malorie Paine

Managing Editor, Print

Earlier this month, in his State of the State address, Gov. Bill Haslam announced a new plan to aid in his Drive to 55.

Tennessee Promise is a program that will allow any Tennessee student K-12 to attend a two-year college or technical school absolutely free. Then, if the student wishes, they can transfer to an in-state four-year university to continue their education.

"Well, this is about expanding the network and changing the culture of expectations in the state of Tennessee," said David Smith, Gov. Haslam's Press Secretary.

In order to fund the Tennessee Promise program, existing resources will be used.

"The Tennessee Promise will be funded within existing resources by interest from the newly established Tennessee Promise endowment and by changing the HOPE award for students attending community colleges from \$2,000 per year to \$3,000 per year, while reducing the award amount at the four-year institutions for freshmen and sophomores from \$4,000 per year to \$3,000 per year," according to the Drive to 55 website.

Tennessee Promise is expected to cost nearly \$34 million annually.



Gov. Bill Haslam delivers his fourth State of the State address to a joint session of the General Assembly in Nashville on Monday, Feb. 3, 2014. Haslam proposed waiving community college tuition for all high school graduates. | **Photo Credit/AP**

"The saving on the first two years allows us to help pay for the Tennessee Promise, which is about expanding opportunities to people who might not be able to afford going to a post-secondary institution. It will remove the cost barrier that is there," Smith said.

"If we are going to make up the gap between 32 percent now and 55 percent in 2025, our state needs an additional 494,000

degrees, particularly in programs provided at our TCAT and two-year schools."

The total amount awarded from the HOPE Scholarship will at the end be the same amount; it will just be divided differently among the four years. Smith says this should help keep students in school and finishing their degrees.

"The money would be the same across four years. The Tennessee Promise proposal change it to

receiving \$3,000 freshman and sophomore years and \$3,000 junior and senior years. We feel like this incentivizes people to stay in college across four years," Smith said.

The plans for Tennessee Promise are still in the early working stages. For more information on Tennessee Promise or the Drive to 55 campaign, visit www.driveto55.org.

Technology usage on campus differs

Malorie Paine

Managing Editor, Print

While some professors at UTM require students to use their smartphones or laptops in class, others have banned them during their lectures.

Most students prefer to type their notes rather than handwrite them. For many, typing is simply the quicker option of the two. However, in several professors' classes around campus, this is not allowed.

Students like Katie Long, a sophomore Communications major, say this is an inconvenience for them.

"In class, I use my laptop for notes, to get quick access to Blackboard and if the teacher is talking about something I truly do not understand, then I Google it or look up images. I don't get

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Viewpoints

EDITORIAL

Laptops: helpful or distracting?

It's no secret that while the need for modernization grows on the UTM campus, so too does the implementation of technology in class.

Case in point: using a laptop or tablet device to take notes in class. Some teachers hate it, others love it and some just don't care. Honestly, a case could be made for all three schools of thought.

First, let's consider the naysayers' point of view. There's no way to know whether or not a student using a laptop or tablet is actually taking notes during the lecture. Sure, the teacher could stop and have a look over the student's shoulder, but let's be reasonable and say that most teachers wouldn't bother.

That alone is reason enough to ban the use of any LCD screens

in class, especially for teachers who can't count on students not to get distracted by a plethora of digital distractions at the touch of a button.

But that's not every teacher; some see the usage of technology in class as a fast and convenient way of keeping up with the lecture. This means that the lesson doesn't have to come to a screeching halt every time a student asks the teacher to stop the lecture so that he or she may catch up on writing notes.

When you put it that way, it kind of does sound like a good idea. Besides, digital notes are more environmentally friendly anyway.

And then there are those who simply don't care how a student records information in class. This

point of view actually makes sense too if you think about it.

How can an instructor have no strong feelings about how his or her students operate? Well, let's consider the facts.

College students are normally not children under the direct control of a parent, so how they spend their time on campus will directly affect their performance in class. If a student fails a class in college because he or she can't stay focused, then one could probably wager that said student would have found a way to stay distracted in class with or without technology.

Furthermore, why would a student go through the trouble of signing up for scholarships, saving money, taking loans and any other means of paying for

college only to ignore the information being presented? Knowledge in any capacity can help more than hurt, and if the classes cost hundreds of dollars apiece, you might as well learn something.

With that in mind, it doesn't sound like the responsibility of an instructor is to beg students to pay attention in class. After all, they say teachers don't give grades; students earn them.

In the end, it's good to know that right now the decision is on an individual basis. Sure, there will be some classes you may or may not like based solely on whether or not laptops and tablets are restricted, but it's better than having it only one way and ensuring someone loses every time.

COLUMN

UTM classes give students more than they know

Eric Brand

Viewpoints Editor

Have you ever had a class at UTM in which you only wanted to obtain a passing grade?

We've all been there before; maybe it's the teacher, maybe the subject is not your favorite or maybe your only college goal is that piece of paper they hand you at the end of four years and to hell with what you've learned.

Trust me, it's easy to be like that at least once. It took me quite a long time to change my mind, but now I see the value in even my least favorite classes.

There's no way to go about this without stepping on a few toes, so let me just say that I'm not writing with the intention of offending anyone, but to share my point of view; this is the

Viewpoints section after all.

For most of my college career, I saw class as a burden; no more than a continuation of high school. I started in a community college very close to home, so it's hardly a shock. This mindset followed me to UTM, where I remained a mediocre student for my whole first year on campus.

This bad attitude was doomed to shrivel and die upon entering UTM though, as the enthusiasm of the professors had a way of making me want to learn more. As a student in Public Relations, I have a very specific list of things to do before graduating. Originally, my intention was to do only what was completely necessary to leave; that isn't exactly the case anymore.

The thing is, each class became helpful in turning me

“Do you want to be a person with many talents and a limitless curiosity? Good. It starts here in college.

into a cultured and educated individual once I let them. It only took one news writing class to turn this P.R. guy into a news writer and eventually an editor for *The Pacer*. It only took the basic-level Spanish classes to turn me into a bilingual student, which aided in my decision to minor in Spanish.

My point is that any of these classes can change the course

of your education as long as you let them. With this in mind, I always do my best in classes whether I love them or not. Because who knows when the next class will inspire yet another passion in this bilingual journalist's heart?

Do you want to be considered intelligent? I'm asking honestly; you'd be surprised by how many people want a college degree but not the stigma of intelligence. Do you really want to be seen as a person who always knows the answer and can be counted on? Do you want to be a person with many talents and a limitless curiosity? Good. It starts here in college. Just show up and pay attention; you'll surprise yourself and others.

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Viewpoints

CULTURE SERIES

Comparing classrooms, teachers, technology to a Japanese setting

Joel Sissman

Staff Writer

We've all had that one teacher who just wouldn't give us a break while in his or her class; some of which are so strict that we can't even use a laptop to take notes. While in others, we can even get away with texting our friends in class. but how do you suppose that compares to a classroom on the other side of the world?

During my stay in Japan, I admittedly had, at times, more than my fair share of culture shock. But one of the things that stood out the most, simply for the fact that I was there every day, was how different the classrooms themselves were.

Now when you think about classrooms and teachers in Japan, the first thing that may come to mind is that the classrooms are so strict that you can't do anything, and you probably would be right.

I often found that in my intermediate Japanese class, the teacher was very old school in her teaching methods. For starters, she had a very particular habit of talking to we students as though we were younger than our actual ages. What I mean by this is, while we were all young adults who used Japanese all the time, we were spoken to in a manner that was intentionally dumbed down as though we were children that understood little to no Japanese.

I could turn this into a miniature rant, and I have before. but while it may have

been annoying at times, it became apparent that this was just the way that older teachers communicated with their students.

Another thing about the Japanese instructors I had while was I was abroad was their views on tardiness. Whenever we were late by more than 10 minutes, the class would either be asked to stay late so we could explain themselves to the teacher or, get this, we would receive an email or phone call if a student had been absent altogether. Now that's what I call dedication.

Compared to my Japanese class, my other, non-Japanese classes offered students more freedom and allowed technology, such as an iPad, for the sake of taking notes.

To me, it honestly felt like the atmosphere of the teachers who taught more general classes, like history or cinema, were more relaxed than most I have met. That is, as long as you remained respectful to the teacher and the class itself. It was almost as if the instructors and their English translators cared more about the students understanding their broken English rather than the lessons they had prepared.

Could what I experienced at Seinan Gakuin University's international program be a special case? Honestly, I believe that what I experienced had more to do with the staff and instructors being more accustomed to different cultures and taking a casual approach to fit our needs as students from across the globe.

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News

Students spend semester interning in Nashville

Jamie Arnett

Guest Writer

Each fall, students at universities from across the state of Tennessee apply to be a part of the Legislative internship program. This year UTM was awarded five of the roughly 90 coveted internship spots available.

Bailey Hudlow, Cassie Rogers, Sara Christopher, Caleb Poole and Cole Grosvenor are the students representing UTM in Nashville this semester.

These students are considered to have maintained high academic standards and are heavily involved around the UTM campus. They completed an application process that started in Martin, and then were recommended by a committee to represent UTM in the final interviews in Nashville.

They serve in public officials' offices and with a designated committee of the Tennessee Legislature.

During the interview process, each applicant submitted a biography that allowed the internship staff to help place students in a position that best suits them.

Hudlow, a junior Political Science major, was placed with Speaker of the House Beth Harwell.

"I love meeting everyone – representatives, senators, the Japanese and Canadian consulates from the local embassies, Morgan Spurlock from CNN (and creator



Sara Christopher



Cole Grosvenor



Bailey Hudlow



Caleb Poole



Cassie Rogers

of the 'Supersize Me' a food documentary about McDonald's) and several others," Hudlow said. "I love how upbeat the office is, and I love how busy it is. I love specifically being in Speaker Harwell's office, because she is such an amazing person and a huge inspiration to me as a powerful female in politics."

These students started with the Tennessee General Assembly on January 13th and will live and serve in Nashville until the end of the Legislative session in May. The internship for UTM students is paid and will allow them to earn 12 credit hours toward their education.

The esteemed program is run by Donna Morgan. The program allows students to receive valuable hands-on learning experience and the ability to make relationships to help them in their future endeavors. Grosvenor said his favorite part of the internship thus far was being able to "interact with current legislators and being a part of making bills pass."

On a daily basis, Rogers keeps

busy with legislative work. She is interning for Senator Mike Bell and the Government Operations Committee.

"I file bills, do any necessary research, talk to constituents, help set up for committee, schedule and sit in on private meetings between the Senator and his constituents, committee members, lobbyists or various other guests. I also do any other miscellaneous paperwork or office work needed of me," Rogers said.

"I think it's great getting to be involved with the legislation from the drafting level to filing bills to hearing and amending them in committee before they go on the floor. It's great to see ideas develop and change as more and more people become involved with the process."

The students hear testimonies from former legislative interns on what they are now doing to give them examples of how their experience can allow them to pursue career ambitions in the future. While many of the UTM interns want to attend

law school, Grosvenor said he would like to pursue a career in the lobbying profession.

Grosvenor credits Garrett Cote, a senior Political Science major and a legislative intern during the 107th General Assembly, for recommending the internship to him.

"My favorite part would have to be getting to see government in action; it's really an amazing thing. Getting to meet all kinds of people from all across the state isn't bad either," Poole said.

"The single thing that I would have to say so far was the best was getting to sit in on the Governor's State of the State address."

Even though the students are enjoying the busy city of Nashville, Grosvenor said he missed the friends and atmosphere that Martin offers. The interns also said that they miss having their adviser around for advice.

"Once again, UTM was able to send some exceptional students to serve as legislative interns, and once again, our students

were blessed with some fantastic office assignments. All four of our students are working with widely-respected Capitol Hill veterans who will have a lot to teach our students. Every year my hope is that our interns get good assignments that put them right in the middle of the action, and I was not disappointed," UTM adviser Chris Baxter said.

The internship has also given a new perspective on government and how things are run.

"This experience has completely changed the way I look at the legislative process. I have learned so much, and absolutely love working at the Capitol with people who have the ability to effect change in our state," Christopher said.

Rogers, will return to UTM in the fall to continue her degree.

"It's an exciting opportunity that I would recommend for anyone who wants to get a hands-on experience with government and the legislative process," Rogers said.

Technology from Cover

on Facebook," Long said.

Long says that while she realizes some do take advantage of laptop use, there are still students who use technology for academic purposes.

"I understand that some bad apples can ruin the whole bunch with Facebook and email, but I think I deserve a chance to prove myself to a professor. I will gladly sit in the front row if that is what it takes for me to use technology," Long said.

Some professors, like Dr. James Maples, an assistant professor of Sociology, encourage the use of laptops in the classroom. Others, like Dr. Wesley Totten, allow laptops in the class but make sure to monitor the students who are using them.

"Tablet and laptop usage is allowed if they are being used to take notes; this requires me to observe those on tablet and laptops periodically," Totten said.

"It is my philosophy that a student cannot learn effectively if they are not engaging the notes and what the professor has to say; this is regardless of how well a student thinks he or she can multi-task."

Long also believes she can catch more of what is being said in class by typing.

"I type so much faster than I write. Spell-check is a lifesaver too; I can just backspace instead of having to erase and start over.

I believe I get 50 percent more of what is said when I type notes compared to when I write them," Long said.

There are several other professors on the UTM campus who believe laptops, smartphones and tablets are bigger distractions than learning aids. However, for students like Long, technology has proven to be more beneficial.

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News

Amazon now adding state sales tax in Tennessee

Becca Partridge

Arts and Entertainment Editor

Many Tennessee residents received an email from Amazon Tuesday Jan. 28 regarding Tennessee sales and use tax on products purchased during 2013.

Until recently, Amazon has not been adding the state sales tax to purchases for Tennessee residents.

In Tennessee, when a resident purchases a product and has it mailed to the state, the product is subject to sales and use taxes.

Tennessee.gov defines sales tax as being "imposed on all retail sales, leases and rentals of most goods, as well as taxable services." The website defines use tax as the counterpart to sales tax. This applies when a product is purchased outside of and shipped into Tennessee.

It is required by law for online customers to report and pay their respective state sales taxes on any online purchases that do not include the sales tax.

Former Gov. Phil Bredesen had previously made an agreement with Amazon to make the customers responsible for paying the sales tax on their own in order to release Amazon from the responsibility of

collecting state sales tax, according to *The Tennessean*.

However, most customers have failed to do this and states have been losing millions of dollars of revenue every year. Amazon has been negotiating with states individually to compromise on the sales tax issue while waiting for federal legislation to settle the issue nationally, according to CNN.

Most customers were unaware of the sales tax, or lack thereof, on Amazon. So, it was a surprise to many to receive the email.

According to *The Tennessean*, in 2011, Gov. Bill Haslam made a deal with Amazon that delayed the sales tax charge until 2014. The deal provided for thousands of jobs to be brought to Tennessee by building new Amazon distribution centers.

Now that it is 2014, the sales tax has been put into effect on Amazon. Tennessee customers will see a price increase of at least 9 percent on their final cost. This percentage includes the sales and use taxes.

The tax could provide up to \$17 million to the state every year, according to Fox News.

Amazon is also applying sales tax to Nevada and Indiana residents beginning this year. According to CNN, the revenue from all three



Gov. Haslam announces in Oct. 2011 that more Amazon jobs will be coming to Tenn. | **Photo Credit/Gov. Bill Haslam's Flickr**

states' sales tax could be over \$50 million a year.

The opinion has been varied when it comes to the recent sales tax addition on Amazon. Many students at UTM were confused about receiving the email.

"I thought it was a scam. It just seemed weird that Amazon would email me about it instead of using snail mail. Anything asking for money in an email seems fishy," said Jordan Sims, a senior Marketing and Management major.

Other students believe the request in the email is no longer relevant because of timeliness.

"I just didn't understand why it was about last year. That doesn't seem relevant to me anymore," said Lars Harper, a sophomore Public Relations major.

Harper is not alone in thinking the email is irrelevant. However, there is a chance that customers who do not pay the tax may face penalty or interest, according to the *Nashville Ledger*.

With tax season quickly approaching, it is important to realize the sales and use taxes are not the same as the income taxes that you will file. However, it still is something for buyers to pay attention to.

"Everyone should definitely follow the email's directions and pay the listed amount on <https://apps.tn.gov/usetax>," said Tawly Richardson, a senior Accounting major.

Students encouraged to follow basic tips when filing taxes

Joel Sissman

Staff Writer

Many college students worry about their finances as they move up the college ladder and into the work force. However, with tax returns coming up, some students are offered the chance to claim cash that they might not have known they have.

"My best advice for students would be to check their 1098 tuition statements. There are a lot of education credits that are being missed because people aren't told about them, that they can actually get tuition credit, if their parents claim it or if they claim it themselves, they can get it," said Patty Chandler, office manager and tax specialist at H&R Block.

Many students wonder what taxes are and how they are important.

According to the MacBook New Oxford, a tax as any "compulsory contribution to state revenue, levied by the government on workers' income and business profits." What does this tell us about taxes, however? While some students might be aware that they have to pay taxes, others do not know that they can receive money in tax refunds.

"Taxes are something that everyone has to file that have taxable income," said Chandler.

"You're supposed pay taxes out as they're earned. In other words, this is just a recap of all the taxes that you've earned during the year to see if you owe anymore."

Chandler said that it's imperative to file taxes.

"It's important, because you're required to file, and a lot of people have withholding that they're due back at the end of the year, so it's

important that you get back if you have overpaid your taxes. That's where the refund basically comes from," Chandler said.

In order to file taxes, one must have a valid picture ID, job income statements and a social security card. Taxes are filed between Jan. 1 and April 15. A six-month extension can also be filed if need be; however, that only gives a person an extension to file taxes and doesn't allow for an extension on payments.

"Most of the penalties are based on how much you owe. It's usually a percentage and that changes every quarter," Chandler said.

Chandler also mentions several free options that are available to students for filing taxes. One of the options available is to go online and file. However, students and parents are both encouraged to go to a local tax specialist as well.

"On our website they list several places where you can go. We prefer that you go to H&R Block online or come here. If someone else is claiming you, and you're a student, it's free," Chandler said.

Some of the mistakes or misconceptions that students have often occur when they file taxes and claim themselves. This basically means that they are financially independent and don't require help from either their parents or scholarships. This makes the parents' own returns as rejected when they claim. This can be fixed by an amendment.

"We do recommend that if that happens, we amend the student's return, which takes the exemption of there so that the parents can then claim them," Chandler said.

Other mistakes usually involve smaller mistakes such as putting in

the wrong Social Security number, birth dates or any other pieces of vital information.

"We do a second look on their returns and we have found a lot of mistakes and have corrected them for people. We found a lot of people who missed a lot last year," said Chandler.

Chandler also recommends that students avoid getting information from unreliable sources when filing taxes and that they should visit a professional for advice.

"Always check. Print off [your taxes], bring them in to your local tax office and let us look and see if there's something that can be done," Chandler said.

For more information on taxes, contact Patty Chandler, H&R Block office manger and tax specialist at 731-587-2602 or patty.chandler@tax.hrblock.com.

News

UTM Ripley Center celebrates growth and hope

Ashley Marshall

Assistant News Editor

The UTM Ripley Center recently celebrated a year of growth and hope.

On Feb. 7 2013, the center had its one-year anniversary since the 8,000-square-foot expansion ribbon-cutting ceremony.

The ceremony was an opening to officially announce the completion of the expansion. The expansion of the center added office space for faculty and classroom and study space for students. There was also an addition to the center's technology.

"The addition of technologies to serve our students and community were all part of the plan for the expansion," said Mykle Johnson, Director of the UTM Ripley Center.

Since the building's additions, the space has been used well and is highly appreciated.

"I taught two classes last semester in the new classrooms, and the students use the new lounge as a study area. Also, there are two new smartboards that get the students participating and interactive with other UTM centers," said Randall

Huff, professor of the Social Work program.

Before the new space was completed, the center had new program additions.

"We now have a full criminal justice degree; we can offer a B.A. in Social Work and a B.A. in Education K-6," said Johnson.

Along with the new program additions and space expansion, the center is still looking forward to another new program.

"All plans of the expansion were put to their use except the nursing classroom, which serves as an average classroom currently. We are hoping to add the nursing program soon," said Johnson.

"Also, because of the additional space we have been able to house a program called Healthier Beginnings, led by Angie Herron."

Johnson explains that the program helps to educate young teens about pregnancy and helps to meet the needs of underprivileged teenage mothers.

"It is a blessing to our community and Angie has been a joyful addition to our faculty/staff team at the Ripley Center," said Johnson.

"We love our faculty, we are proud of it," said Tonya Dudney,

UTM of Ripley supervisor.

The extra space has also allowed the center to expand its staff. With the space addition, the center could open a new position, and it has also been able to accommodate initiatives like the Lauderdale County Drug Task Force, which is led by UTM Ripley staff member, Xavier Andrews.

Since the expansion, the center has had the ability to offer students not only more options in their education, but more options on where they choose to work.

"Not only are we able to offer more degree programs and a broader scope of courses, but we are able to offer a quiet space for study, group work and such," Johnson said.

The center has not just benefited those within the center, but the city of Ripley as well. The center has hosted many events for Ripley, and also for Lauderdale County.

"Our new lecture hall has served as an excellent venue for training, workshops, conferences and such to local entities, like Marvin Windows and Doors, the Chamber of Commerce, West TN Prison System and



Pacer Photo/Ashley Cunningham

more," said Johnson.

After having the expansion for almost a year, the students, faculty and the city of Ripley have been inspired by its benefits.

"Education is affecting the public now for this community; it makes the people of this city who don't have a college education want to get one," said Huff.

Johnson also explained that student age ranges from 35 to 38, with very few 18- to 19-year-old students.

When asked if the center was serving its purpose, Johnson

proudly explained why she thought it had.

"We have had amazing academic movie nights in our new lecture hall. We've had the best Black History Month collaborative events in our new student lounge. It has met so many of our needs and relieved so many space stressors," said Johnson.

For information on the UTM Ripley Center, visit <http://www.utm.edu/departments/ripley/>.

The UTM Parsons Center is growing in the community

Bradley Stringfield

Managing Editor, Online Sports Editor

The UTM Parsons Center continues to grow and will be taking another step in their development next fall.

Last July, it was announced that the center would undergo a 2.25 million dollar expansion to add the West Tennessee Healthcare Foundation Nursing Wing to the school to make room for the new Traditional Bachelor of Science in Nursing degree.

The 10,000-square-foot

expansion is expected to give the campus six more classrooms, a skills lab, a simulation lab and a lecture hall.

Currently, the Nursing program only offers the License Practical Nurse degree, but the new program is slated to be offered in the fall of 2014.

This will be the sixth Bachelor's degree offered to students at the Parsons Center.

The campus currently offers degree in Criminal Justice, Social Work, K-6 Education and Interdisciplinary Studies, as well as the LPN-BSN degree.

The Parsons Center, which opened in 2007, continues to

grow under its director, Dr. Kelli Beth Deere. However, the growth hasn't been purely academic.

"My main focus, was to have more student involvement and make it different from a community college in the fact that you take classes and go home," said Deere.

Recently, the Center has participated in several parades, teamed up with the main UTM campus for Relay for Life and had an intramural basketball tournament. If the students had it their way, they would have another some time soon.

"A student asked me the other day, 'We're the reigning

student basketball champions. Is someone going to try to compete against us?' and I said, 'You know what? We need to do that again,'" said Deere.

Deere says that the Parsons Center has developed a strong relationship with the community, a community that has been very cooperative with the campus.

With no place to work out on campus, a local gym offers students the opportunity to work out for free by showing their Skyhawk cards.

The improvements to the facilities and the increased amount of student activities led

by Deere has showed a increase in the amount of students enrolled.

Last fall, the Parsons Center was home to 194 total students, 41 of which were from Parsons, but Deere says that number has been steadily increasing.

"We have grown 32 percent since [fall 2013]," said Deere. "And [last] summer we grew 25 percent from [the previous] summer."

For more information on the Parsons Center, visit www.utm.edu/departments/parsons or follow them on Twitter, @UTM_Parsons.

News

Jackson Center proud of reputation

Alex Spruell
Guest Writer

For students who want to get started on a UTM degree in a location closer to home, the UTM Jackson Center “is a great place to get started,” said former Director Bethany Worley.

The oldest of the UTM satellite campuses, the Jackson Center began 21 years ago with a RN-BSN program, Worley said. Now, the center also offers degrees in Education, Social Work, Criminal Justice and Interdisciplinary Studies, with a degree in Psychology on the horizon. Numerous general education courses also are taught there, including math, biology and Spanish.

Part of the center’s appeal is that it caters to traditional as well as non-traditional students, and can help Jackson-area students save money on room and board, or on the costs of commuting, Worley said.

“We have students of all ages and ethnic backgrounds — 18-year-old students just beginning their college coursework and non-traditional students that work during the day, may have a family and take courses after work. We even have a student that drives from Memphis because she wants to live at home but get her



Pacer Photo/Alex Spruell

UTM degree,” Worley said. “Additionally, we also have a student that has moved from Memphis to Jackson to begin her UTM degree.

“Our reputation, based on customer service and outstanding instruction, is our selling point,” Worley said.

The Jackson Center sits in view of a busy highway in a location where it can be easily found.

“It is unique in that it is located in an urban area with other universities,” Worley said.

“We are very customer-oriented and assist the students with any questions and problems that they encounter — we do not want them to have to go to

Martin to solve an issue. We also have excellent full-time faculty, some of which advise students,” Worley said.

The Jackson Center also sponsored its first two art shows last fall: “Light Matters: Imagery of Kryza” by Phil Kreger, chief of Exhibits at the Tennessee State Museum, and “Epic American Paintings” by Garen Shrader of Somerville.

For Veterans Day, the center hosted retired Marine Lt. Gen. John G. Castellaw, a UTM graduate and Crockett County native.

For more information on the Jackson Center, go to www.utm.edu/jackson.

Selmer Center relies on success for progress

Ashley Marshall
Assistant News Editor

UTM Selmer Center is expecting great things in 2014.

The UTM Selmer Center is a success in progress, with over 250 students graduating from this center and other programs in the works.

Deidra Beene, director of the UTM Selmer Center, is proud of the success that the center has made.

“One of our first graduates is now working border patrol for the FBI. We are so pleased that we see so many of our education graduates now as successful teachers in local classrooms,” said Beene.

“Three students are now finishing law school who graduated through our center. We also have a previous education student who finished his Master’s degree at Vanderbilt and is now working in New York City. These are but a few of the stories of success that began here.”

However, where there is success, there is also more progress. Beene said that the center added the generalist degree in Criminal Justice in the fall of 2009, and now, next fall, a Psychology degree will be offered to all centers off campus.

“I am excited about offering the Psychology degree this upcoming fall. I have been hoping, working and planning for it for several years. I want to bring opportunities to our students,” said Beene.

Along with the new Psychology degree, the center will also be opening a Writing Center this spring. Since the main campus is about two hours away, Beene thinks it is important for Selmer Center to have a Writing Center.

“For many years we have needed a Writing Center. The main campus has one, but it is difficult

for our students to travel the distance to attend. Our full-time English faculty member, April Elam-Dierks, has established our own Writing Center,” said Beene.

“She offers sessions in the areas that have been shown to cause challenges for our students. She is also working with our other faculty to provide the needed tools for students to have successful paper writing skills.”

Beene is also looking forward to updating the kitchen area and adding more courses and degrees at off-campus centers.

She said that although there is distance between the main campus and the Selmer Center, it’s all UTM.

“Distance is a challenge. Most of the centers are at least two hours away from the main campus. We have events for students that help to emphasize the fact that we are all UTM students. It’s not a case of us versus them,” said Beene.

“We encourage our students to travel to the main campus for ballgames and other events. This remains a challenge. The off-campus centers do a great job at sending items of interest to be included in our campus publications.”

Beene is very proud of the UTM Selmer Center and feels blessed to be the director.

“I am blessed to be the director of the Selmer Center. I have seen remarkable transformations and success. I work with an incredible team every day that are also devoted to helping our students realize their goals and dreams,” said Beene.

For more information on the UTM Selmer Center, visit www.utm.edu/departments/selmer.

JACKSON CENTER	PARSONS CENTER	RIPLEY CENTER	SELMER CENTER
68 students	267 students	280 students	181 total students
By Gender: Female 78% Male 22%	By Gender: Female 73% Male 27%	By Gender: Female 83% Male 17%	By Gender: Female 74% Male 26%
By Ethnicity: Black 28% Caucasian 72%	By Ethnicity: Black 3% Caucasian 93% Spanish/Hispanic 2% 2% responded one of the following: Alaskan Unclassified/None listed	By Ethnicity: Black 38% Caucasian 58% 4% responded one of the following: Spanish/Hispanic American Indian Unclassified/None listed	By Ethnicity: Black 9% Caucasian 88% Unclassified/None listed 3%

Information courtesy of the UTM Office of Extended Campus and Online Studies

News

Know tanning dangers and safety tips this Spring Break

Tammy Jo Stanford

Guest Writer

Spring Break for college students often means heading to Panama City, Gulf Shores or maybe even Mexico to unwind with friends and have some fun in the sun. To get ready for spring break and the upcoming summer season, many young people turn to tanning at indoor salons to get that right-off-the-beach look.

Of course, getting that sun-kissed glow comes with many warnings and some frightening statistics as well. The United States Department of Health and Human Services and the World Health Organization's International Agency of Research on Cancer panel has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sun lamps, as known carcinogens (cancer-causing substances).

The amount of radiation produced during indoor tanning is similar to the sun, and in some cases stronger.

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer – basal cell and squamous cell carcinomas – are highly curable, but can be disfiguring and costly. Melanoma, the third most common skin cancer, is more dangerous and causes the most deaths. The majority of these three types of skin cancer are caused by exposure to ultraviolet (UV) light.

Studies have found a 75 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning, and the risk increases with each use, according to the American Academy of Dermatology.

On an average day in the United States, more than 1 million people tan in tanning salons, and nearly 70 percent of tanning salon patrons are Caucasian girls and women, primarily aged 16 to 29 years. Nearly 28 million people tan indoors in the United States annually and of these, 2.3 million are teens.

For those who still insist on being

The Do's and Don'ts of Sunscreen

What you should know about your sunscreen lotions

SPF's of 50+ offers little additional benefits and may tempt users to stay in the sun longer causing more skin damage over time.

Choose a lotion with a SPF of 15 to 50

Look for labels that say broad spectrum which helps protect against UVA and UVB rays.

Ultraviolet A (UVA) penetrates skin on a deeper level causing long term damage. Ultraviolet B (UVB) is known for causing sunburns

Choosing a Sunscreen

Brand X

SPF 30

Avoid sprays and powders which pose inhalation risks and inadequate coverage

Look for lotions containing zinc oxide, titanium dioxide, Mexoryl SX, or avobenzone (3%)

These ingredients have been proven by the FDA in helping to block UVA and UVB rays

SOURCES:
[HTTP://WWW.EWG.ORG/2013/SUNSCREEN/](http://www.ewg.org/2013/sunscreen/)
[HTTP://WWW.AAD.ORG](http://www.aad.org)

SARAH MARTIN

golden brown for vacation, there is some good news. According to www.safeskin.org, there are many excellent self-tanners on the market today.

For those who have tried self-tanners in the past, many know there is nothing worse than applying a lotion, foam, gel or spray, only to wind up with an orangey streaky tan, dark elbows, stained clothes and smelling like a chemical plant. SafeSkin tested hundreds of self-tanners and compiled a list of their top five, with their winner being "Tan

Physics True Color."

In choosing sun protection at the beach, be aware of the Sun Protection Factor (SPF). The American Melanoma Foundation recommends using a sunscreen that protects against ultraviolet A (UVA) radiation, those rays that penetrate deeper into the skin and are the culprits in premature aging and wrinkling of the skin.

Also, a good rule of thumb about sun care is when using a sunscreen with an SPF 15, a person can be in the sun 15 times longer than someone without sunscreen before

burning. Consumers need to be aware that SPF protection does not increase proportionally with an increased SPF number.

While an SPF of 2 will absorb 50 percent of ultraviolet radiation, an SPF of 15 absorbs 93 percent and an SPF of 34 absorbs 97 percent.

So while on the beach, apply these principles to stay protected, along with wearing a hat and paying special attention to areas such as the nose, ears, face and chest to reduce dangerous burns.

POPULAR MYTHS ABOUT TANNING

"Tanning indoors is safer than tanning in the sun."

False. Although tanning beds operate on a timer, the exposure to ultraviolet (UV) rays can vary based on the age and type of light bulbs. Tanning indoors can still give burns, and the tan itself indicates damage to skin. Tanning beds cause about 1,800 injuries requiring visits to the emergency room every year.

"I can use a tanning bed to get a base tan, which will protect me from getting sunburn."

False. A tan is a response to injury. Skin cells respond to damage from UV rays by producing more pigment.

"Indoor tanning is a safe way to get vitamin D, which prevents many health problems."

False. Vitamin D is important for bone health, but studies showing links between vitamin D and other health conditions are inconsistent. Although it is important to get enough vitamin D, the safest way is through diet or supplements. Tanning harms the skin, and the amount of time spent tanning to get enough vitamin D varies from person to person.

Information Courtesy/Centers for Disease Control and Prevention

News

Relay for Life reaches to raise \$40,000



(Above) Senior biology major Amy Belote encourages her fellow Relay for Life participants to raise money for the cause at the Relay for Life Kickoff Event Monday night. (Left) Senior Communications major Syrena Flowers, Belote, sophomore HHP major Travis Henry and sophomore HHP major Kayla Brockmeyer present the awards won from the 2013 fundraising. The UTM Relay for Life raised \$25,741. This year the team hopes to raise \$40,000 and obtain four new relay teams. The main 2014 Relay for Life event will be March 28 in the Elam Center from 6 p.m. to midnight and will feature a Hollywood theme. | *Pacer Photos/Mary Jean Hall*

What to know about drinking and driving

Tammy Jo Stanford

Guest Writer

Many know the dangers of driving under the influence of alcohol or drugs and that it causes danger and potentially life-altering consequences. However, despite this wide-spread knowledge, drunk driving still happens every single day.

According to MADD (Mothers Against Drunk Driving), the rate of drunk driving is highest among 21 to 25 year olds and males were more likely than females to get behind the wheel intoxicated.

The National Highway Traffic Safety Administration states that every day in America, another

28 people die as a result of drunk driving crashes and in 2012, 10,322 people died in drunk driving crashes, which is one every 51 minutes.

The most alarming fact is that all incidents involving DUI arrests, fatal crashes and permanent injury are 100 percent preventable.

With this in mind, here are some ways to prevent DUIs.

- Prior to drinking, designate a non-drinking driver who will make sure no one gets behind the wheel impaired.

- If there is someone who is about to drive drunk, do not let them. Take their keys. If available, call a taxi for them.

- If you're hosting a party where alcohol will be served, remind your

guests to plan ahead and designate their sober driver. In addition, offer alcohol-free beverages and make sure all guests leave with a sober driver.

- Furthermore, in order to encourage designated drivers, make the designated driver the "MVP of the night" to reward them for taking off the night for your safety. Find unique ways to recognize the designated drivers at your party, such as giving them a great spot to watch the game, keeping their glass full of a non-alcoholic beverage, or paying for their dinner or offering unlimited appetizers.

According to www.tn.gov, for those who are driving drunk and get pulled over in Tennessee, they

can go to jail, facing a minimum of 48 hours incarcerated, and have their driver's license to revoked for one year.

Additional extremely unpleasant facts regarding DUI arrests in Tennessee for first time DUI offenders show that with towing, bail, attorney, high risk insurance, court costs, DUI school and reinstatement fees, your first offense average costs could add up to \$5,000 or more. Also, in Tennessee, many judges will order you to install an Ignition Interlock device on your vehicle at your expense with the first year costing \$1,000.

All of this is only what will happen if those involved in a drunk driving incident are lucky

enough to have survived the incident and not have killed anyone in the process. If that's the case, the consequences go even further downhill. In the matter of vehicular assault, child endangerment or vehicular homicide, an individual can face a minimum of two years in jail, along with being a convicted felon. Also, the individual will most likely face the guilt of inflicting emotional and financial scars on innocent victims.

The bottom line is, the consequences of drunk driving are life-altering and can prove fatal, either for you, a friend or family member in the car or an innocent stranger.

Arts & Entertainment

Greekfest gives Greek Life opportunities to shine

Becca Partridge

Arts and Entertainment Editor

Greekfest is a highly anticipated week of events every spring, and this year was no different. Fraternities and sororities from the IFC, NPC and NPHC competed throughout the week for coveted first place trophies.

Monday, Feb. 3 began Greekfest with the annual Greek Day. All Greek members were encouraged to wear their letters around campus in honor of Greekfest beginning.

This year had a few changes in the schedule, however. Lip sync, a long favorite of the Greek community, was removed from the schedule this year and replaced with the Greekfest Service Night.

The service night was created to be a night of philanthropic activities where fraternities and sororities from the three divisions were paired up to see who could raise the most money for the Carl Perkins Center for Child Abuse Prevention.

Unfortunately, Greekfest Service Night, originally scheduled for Tuesday, Feb. 4, 2014, was canceled because of inclement weather. The money that had already been raised was still donated to the Carl Perkins Center. Gamma Kappa Pi and Alpha Gamma Rho were partnered and won 1st place for the most money raised. In 2nd place for Service night was the Sigma Alpha and Sigma Phi Epsilon team, followed by Alpha Omicron Pi and Phi Sigma Kappa in 3rd place.

Greek Olympics was another new event on the schedule this year and was held Wednesday, Feb. 5. In the Greek Olympics, members of the Greek community

competed in a variety of competitions while in the same organization pairs as Service Night. Sigma Alpha and Sigma Phi Epsilon won 1st place, with Alpha Kappa Alpha and Sigma Chi in 2nd place and Zeta Tau Alpha and Kappa Alpha Psi in 3rd place.

On Thursday, Feb. 6, the annual Line Dance competition was held. Zeta Tau Alpha took home the 1st place trophy in the NPC division, with Alpha Omicron Pi taking 2nd and Alpha Delta Pi taking 3rd. In the IFC division, Sigma Chi won 1st place, followed by Sigma Alpha Epsilon in 2nd and Pi Kappa Alpha in 3rd. In the NPHC division, Alpha Kappa Alpha and Alpha Phi Alpha won 1st place and Zeta Phi Beta won 3rd place.

The Greekfest Stepshow was the biggest event of the week. The Skyhawk Fieldhouse was packed with members of Greek organizations and members of the community.

After a tough competition in the NPC division, Chi Omega won the 1st place and best in show, with Zeta Tau Alpha as a close 2nd place. In the IFC division, Kappa Alpha Order took the 1st place trophy, and Sigma Chi won 2nd place.

All of the awards from the week are calculated with their respective weights and tallied into the final overall winners. In the NPC division, Chi Omega and Zeta Tau Alpha tied for 1st place. In the IFC division, Sigma Chi won 1st place. In the NPHC division, Alpha Kappa Alpha and Alpha Phi Alpha tied for 1st place.



(Left) Chi Omega and Zeta Tau Alpha tied for the overall Greek Week winners. (Right) Michael Nguyen leads the Sigma Chi line dance performance, where they won 1st place. | *Pacer Photos/Sarah Martin*

UTM

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Select the Recreational Supervisor Application under the Forms tab

Arts & Entertainment

Review: Tom Clancy's *Jack Ryan: Shadow Recruit* renews dead franchise

Joel Sissman

Staff Writer

"Competent but not compelling" is not what you would expect to hear from one classic series, *Jack Ryan*.

Shadow Recruit is a 2014 American action thriller film directed by Kenneth Branagh. Branagh also stars in the film as Viktor Cherevin along with *Star Trek*'s Chris Pine as the title character. The film is the fifth in the series and serves as a reboot for the movie franchise of the same name. *Shadow Recruit* also co-stars *Pirates of the Caribbean*'s actress Keira Knightley and *Man of Steel*'s villain Kevin Costner in the roles Cathy Muller and Thomas Harper.

After a series of confusing flashbacks following 9/11, the audience is introduced to the film with the hero Ryan being rehabilitated from a helicopter crash before catching the attention of CIA operative and official Harper. Because of his education in economics and as an ex-Marine, Ryan is drafted as a covert analyst at a stock brokerage on Wall Street where he soon uncovers a Russian terrorist plot against the U.S.

Shadow Recruit is unique as the sequel primarily because it diverges from the source material, as it is not based on any one of Tom Clancy's books. The movie is unique not only in that it's set in modern times, but that it actually



Photo Credit/glendalenewspress.com

bases its primary theme as homage to the originals.

The film serves as a homage of sorts to the earlier films, but is set in the modern era. The Cold War between America and Russia is used as a backdrop during the course of the film as the recurring theme of Napoleon at Waterloo and how the characters are in a final battle for lives and country.

Despite the use of the Russians returning as arch-villains, *Shadow Recruit* does manage to constantly keep the audience's attention as it contains a good bit of action, as

the fighting scenes are crisp and well-timed. Pine once again shows us his action hero persona by punching, shooting and chasing his way through the streets of Russia and New York.

The characterization is also well done. At times, we can feel Cherevin's pain as he sacrifices everything to avenge his sons. Even the final climactic scene between Branagh and Pine's characters is different from most because they defeat the final bad guy without killing him, then race back to the states in order to stop his economic attack.

One issue that has been discussed by fans is the choice of Pine being cast into the title role of Jack Ryan. While Pine can hold his own during the various spectacularly done action scenes he is given, there are times when it felt like the actor feels overwhelmed by the role and shows his age, or lack thereof, when working with other, more seasoned, veteran actors such as co-star and director Branagh. However, much like he did with *Star Trek*, Pine does manage to breathe new life into

the franchise with his natural, youthful charm and charisma that brought him acclaimed attention in previous films.

The biggest problem with the film is the excessive use of over-the-top, fast-paced scenes that seem choppy edited together. This is demonstrated by the film jumping from one scene to the next, leaving viewers unable to follow what's going on. The best example of this is in the beginning of the film when Ryan's helicopter was shot down and there was no indication of how much time passed between being treated to being recruited to the CIA. It's also thanks in part to this fast-paced style that it was hard to follow just when Pine and Knightley's characters had gotten together. One moment Pine left the hospital and in the next moment, they were engaged.

So my final verdict is that *Jack Ryan: Shadow Recruit* is worth the price of admission. Despite its status as a reboot and its incorporation of choppy cut scenes, the film has managed to gross \$100 million since its opening weekend and despite its flaws does manage to keep the audiences engaged throughout. If you're a fan of the late Tom Clancy's work or you just like to turn off your brain and watch a movie with a bag of popcorn, then *Shadow Recruit* is definitely for you.

Review: *That Awkward Moment* relates to viewers

Cara Chadwick

Guest Writer

Everyone has had that awkward moment, and the movie *That Awkward Moment* captures it all.

The movie is an entertaining and amusing movie, but also has a serious and realistic side to it. *That Awkward Moment* has several very famous actors and actresses, many that are nice to look at, so that makes it all the better. The three main actors in the movie are Zac Efron, Miles Teller and Michael B. Jordan.

The movie was released Jan. 31, 2014, and I was so excited to see it that I went opening night. I had high expectations for the movie, and I was not disappointed.

The movie starts off with a devastating break-up between Mickey (Michael B. Jordan) and his wife. In support of his break up, he and his two best friends, Jason (Zac Efron) and Daniel (Miles Teller) make a vow to stay single as long as possible.

Jason and Daniel are both at that awkward stage in their relationships where they have

to decide how to answer the question, "So, where is this going?" In Jason and Daniel's eyes, that is the stage where you move on to the next prospect. The vow that Jason and Daniel made with Mickey starts to fall apart when each of the guys start to fall in love and try keeping it a secret from each other to keep a pledge to their bachelorhood.

My favorite part of the movie was when Jason meets the girl that he eventually falls for. They are at a bar, and a guy asks Ellie (Imogen Poots) if she

wants a drink. She politely says no, and he tries forcing her to take the drink that he is about to buy for her.

Jason is standing close by and sees what is happening; so, he tries lightening up the conversation by making a joke about it. Ellie plays along and the guy finally walks away. After walking away, Jason and Ellie start talking and hit it off. Soon, they can't stand being away from each other.

I didn't have a least favorite part of the movie, but I was

disappointed that the funniest parts of the movie were advertised in the commercials released months before the release date.

That Awkward Moment, overall, is a great movie. I would definitely suggest it to anyone that is 17 or older, since the movie is rated R. It isn't a movie for young teenagers, because of the bad language and sexual content. Other than that, it was a wonderful movie. It was comical, but also serious when it needed to be.

Arts & Entertainment

Column: Swifties are the new cooties

Lauren Kisner

Staff Writer

Swifties are the new cooties, and just as we received the cootie shot in elementary school, it's time we received the Swift vaccine. Taylor Swift has always appeared to be a confused prepubescent 15-year-old trapped in the body of a red-lipped vixen who made a music career by writing songs based on or inspired by her primitive – and failing – ideologies on love.

"My biggest pet peeve about Taylor is that she walks on stage in front of 25,000 people and still goes, 'Me? You're here for me?' Of course, you're Taylor Swift, get over it," said Kelly Osbourne to *International Business Times* in July 2013.

Many observers would agree with this accusation. When a celebrity is making a million dollars per performance and wins several Grammys, a fake humility signature and puzzling underdog polarity wears thin. Pretty soon the sweetheart persona melts, and she's going to have to transcend from peevish adolescent into a respectable female artist with respectable, adult thoughts and feelings.

I'm not convinced that Taylor Swift even has any real talent. I'm under the impression, in Swift's case, that it's more about putting your money where your mouth is, literally compensating bankrupt vocals with financial backing. Swift's father, Scott, a financial adviser who started the Swift group, worked for Merrill Lynch Wealth Management, division for Bank of America, for 30 years.

Business Insider has documented financial backings at the start of Swift's career for things such as tour buses, Swift merchandising and payment for Firefly Entertainment Inc., a recording studio in London. Then shortly after Swift's big break, the family moved from Pennsylvania

to Tennessee, where her father started his own practice – curious, isn't it?

Dan Dymtrow, Swift's first manager at Dmand Entertainment, worked with Swift for a modest 5 to 10 percent of Taylor's earnings. When he didn't receive a penny of the money their contract stipulated, Dymtrow sued the artist in 2007. The lawsuit was quietly settled and hidden from sight, but unfortunately Swift and her family have a bad habit of spilling their private lives to the public.

"The most damning piece of evidence from the lawsuit was an email Taylor's dad supposedly sent to Scott Borchetta showing a prearranged agreement to dump Dymtrow before Big Machine would sign Taylor," an article on *Saving Country Music's* website said in July 2012.

"Enough with the Dymtrow," Swift's father allegedly wrote to Scott Borchetta, "you asked me to break both his legs, wrap him in chains and throw him in the lake. I did."

A word of advice: instead of revealing all the details of her personal life by writing about her speedy love cycles and then having to constantly reinvent ways to explain love and heartbreak, try writing about a menstrual cycle. It's just as uniquely relatable to a widely female-based audience and covers an even wider range of emotions.

In all honesty, if Taylor Swift doesn't find a new sellable persona that defines who she wants to be artistically, then she will rot away with her dated lyrics and auto-tuned vocals, because while people grow and change, personas, logos and signatures do not. We all have to grow up; it's time for high school Swift to do the same, before we really have to consider a vaccine.



Photo Credit/www.geek.com

Review: *The Lego Movie* pleases audience

Eric Brand

Viewpoints Editor

I won't lie; I was almost positive that *The Lego Movie* was going to be an awful film.

I originally wanted to see this movie for the sole purpose of hearing Liam Neeson's voice booming on a big screen again. I'm a Liam Neeson addict; sue me. Then, I read that Charlie Day from *It's Always Sunny in Philadelphia* is in the cast too, which was enough to win me over.

But when you think about it, it's reasonable to assume that this movie would be nothing more than an attempt to market current toy lines while creating a new line to fill the shelves.

That of course means that the movie could be about anything as long as every Lego set makes a guest appearance, which would normally prompt the entire creative team to play it as safe as possible with the plot.

That's where *The Lego Movie* wins my admiration and respect; this movie's message is one that is not often heard.

Chris Pratt plays Emmitt, a bland everyman who is content and even enthusiastic about his mediocre life. Emmitt's life of order and conformity as a construction worker doesn't last long, as his tiny world is revealed to be part of an enormous universe

of other Lego sets. Emmitt finds himself quite literally stuck to the legendary piece of resistance, which is said to be the one thing that can save the universe from destruction at the hands of Lord Business, played by Will Ferrell.

There are plenty of other big names in this movie, but it's more fun to let these colorful characters surprise you with their vocal performances. And hey, if you don't guess the voices immediately after the characters are introduced, you can look it up, I'm not going to ruin it for you.

If what I've told you about the plot seems a little tired, you're right; it's the least creative premise in the history of Western culture. The creativity comes with how irreverent the film seems in telling the story. The whole you're-the-hero-because-it's-your-destiny shtick is forced onto the protagonist despite the abundance of evidence to the contrary.

And the best part about that is that *The Lego Movie* isn't portraying this trite nonsense in a positive light. I won't spoil it for you, but let's just say the 'chosen one' narrative is not going to go the way it always does. The big reveal in the third act is the kind of message that even an adult would do well to remember.

As much as I want to just reveal the message this movie offers viewers and then discuss why I

think it's an amazing achievement in family-oriented films, I won't do that to you. Instead, let me tell you what you can expect to see aside from the big reveal.

The humor is equal parts clever and silly, the cast unanimously delivers a terrific performance and yes, Will Arnett's depiction of Batman is part of the central cast.

I can appreciate the inclusion of Batman's role in this movie, but not because I have a fetishistic obsession with seeing him everywhere I go. Actually, the best thing about this portrayal of Batman is the fact that it reminds us that Batman fans are taking both themselves and the DC franchise too seriously. The movie approaches the character in a loving but satirical way, which I hope will get Batman fans to calm down a bit.

The animation style is one literally made from Legos and doesn't look like a computer-generated mess like the video games, which makes the film just as much fun to watch as it is to hear. Even if you don't fall in love with the story, you can still walk away from this having seen a visually impressive movie.

I have thought about this movie for a while now, and I still can't think of a single negative thing to say. Go see it, and you'll know exactly what I mean.

Features

UTM UNLIMITED



Houston Cozart, sophomore Finance major, and Maranda Dempsey, sophomore Nursing major, grab a quick meal together in the UTM Food Court, while across the hallway students are enjoying the meal selections that are offered in the Skyhawk Café. | **Pacer Photos/Sheila Scott**

Living with food sensitivities at UTM

Sheila Scott

Features Editor

What should you do if you're eating lunch in the Skyhawk Café or in the UTM Food Court, and suddenly your tongue starts feeling funny or your throat feels really scratchy?

You should seek medical attention right away, because you could be experiencing an allergic reaction. Reactions to food sensitivities can range from minor discomfort to fatality. Knowing more about food sensitivities can possibly improve your health and might even save your life.

The first thing you should know about food sensitivities is that food allergies and food intolerances are very different.

A food allergy will usually cause a reaction within the first two hours after eating a problematic food. However, it is not uncommon to have an immediate reaction.

According to Rick Ansorge's book "Allergy Free Naturally: 1,000 Nondrug Solutions for More Than 50 Allergy-Related Problems," you could start experiencing a variety of symptoms after ingesting even a small amount of food. You could experience a tingling of the lips, palate, tongue or throat. Other symptoms include hoarseness, nausea, vomiting, cramping or even diarrhea.

He also lists hives, eczema, itching, flushing, chest tightness, wheezing and shortness of breath as possibilities.

Additionally, you could experience nasal congestion, runny nose, sneezing, drop in blood pressure or you might even lose consciousness.

Unlike the symptoms of food allergy reactions that are easily identified because they occur within a short period after ingesting the problematic food, food intolerance reactions are much harder to identify because they develop much slower. Since the reactions occur so slow you may not recognize symptoms that you are experiencing as reactions to food intolerances.

According to Dr. Rudy Rivera and Roger Deutsch's book *Your Hidden Food Allergies Are Making You Fat: the ALCAT Food Sensitivities Weight Loss Breakthrough*, if

you are currently experiencing health issues, then they may be connected to food intolerances. Some of the health issues most commonly linked to food intolerances are obesity, acne, angio-edema, arthritis, asthma, bacterial infections and cellulite.

Additionally, the health issues related to diabetes, eczema, gastrointestinal reflux disease, gastrointestinal problems, hay fever, hiatal hernia, inflammatory bowel disease and irritable bowel syndrome have been linked to food intolerances. Finally, Rivera and Deutsch list migraine headaches, pancreatic insufficiency, parasitic infections, peptic ulcer diseases, pyloric stenosis,

sinusitis, urticaria and viral infections as other possible health issues linked to food intolerances.

If you are experiencing any food allergy symptoms or any of the health issues listed, you might want to be tested for food sensitivities. Most doctors agree that the first step in diagnosing food sensitivities is to do a thorough workup of your family history. After the workup, the testing method of choice differs by physician and the individual case. Some of the most common tests used for diagnosis are: the ALCAT test, the RAST test or a skin-prick test. If you have either the ALCAT or RAST test, a sample

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Features

Food

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of your blood will be checked to determine any problematic foods. If you have a skin-prick test, your doctor will make small scratches on your back. He will then place concentrated serums of possible problematic foods and allergens onto the scratches while monitoring you for reactions.

After you find out what your problematic foods are, you will want to eliminate them from your diet. Some foods are easier to eliminate than others. Wheat and soy are two that are in most processed foods. When you eliminate the problematic foods, you will want to be sure and maintain proper nutrition. If this proves to be difficult you can seek help from a nutritionist. A nutrition consult requires a physician's referral.

Three area hospitals currently offer nutrition consults: Volunteer Community Hospital in Martin, Dyersburg Regional Medical Center in Dyersburg and Regional Hospital in Jackson.

After eliminating the problematic foods from your diet, you may find that eating out can especially be challenging. The Food Allergy and Anaphylaxis Network, or FAAN, website recommends that, when eating out, it is best to provide the chef with a food allergy card listing all the foods you need to avoid. They provide an interactive card that can be completed online and then printed to take with you.

With your safety in mind, Sodexo developed its own food allergy card to be used on campus. You can list all the foods you need to avoid on the card and then turn in to Banquet Chef Ross Ratkowski in the Skyhawk Cafeteria. Chef Ratkowski will meet with you personally to go over your individual needs to assure your

safety while eating on campus. Sodexo will keep your card on file for future reference regarding your meal preparations.

Filling out your card will make things much simpler if you are ever scheduled to attend a university function where food will be served. You should notify the organizer of the event as soon as possible in order to allow Sodexo adequate time to accommodate your needs. *Additional tools for living with food sensitivities such as dietary reference cards, information regarding foods that have hidden allergens, instructions on how to use an Epi-Pen and food substitution suggestions can be found at www.foodallergy.org. For additional information regarding on-campus dining, go to www.utmdining.com.*

Sodexo designed its own version of the food allergy card provided by the FAAN website for UTMstudents' dining safety. You can fill out the food allergy card and turn it in to Sodexo Banquet Chef Ross Ratkowski in the Skyhawk Café, which will keep it on file. Banquet Chef Ross Ratkowski is pictured with Tavarious Cleaves a freshman Food & Nutrition major. | **Graphic Credit/Sodexo and Pacer Photo/Sheila Scott**



food allergy

name:

id:

allergies:

food preferences:

Sports

Whiteout: Doubleheader expected to be largest athletic event of year

Bradley Stringfield

*Managing Editor, Online
Sports Editor*

This Saturday, the UTM athletics department is hosting a whiteout game for one of the last doubleheaders of the season.

The move is one of the first major ones led by new athletics director Julio Freire.

On Feb. 22, the women's basketball team (19-7, 12-1 OVC) will host conference foe Murray State with tipoff set for 2 p.m.

Following the women's game, the men's team (8-19, 3-9 OVC) will take on Southeast Missouri at 4 p.m.

Prior to the games, each player will be introduced to what is expected to be one of the largest crowds at the Elam Center this season. Each player will also invite a professor to be introduced to the crowd.

The first 500 students who swipe their Skyhawk card will receive an official Russell Athletic brand UTM basketball shirt. Also, all faculty and staff will receive two free reserved chairback tickets by swiping their Skyhawk cards.

Freire has invited students to come and decorate the student section the day, or morning, before the game in hopes of getting a student section together for not only this event, but the rest of the season.

In addition, Freire will be joined to Chancellor Tom Rakes in the student section during the second half of the men's game.

All of this is being done as an effort to help forge a stronger bond, and working relationship, between the students of UTM and the



Having students cheering in the stands at sporting events is incredibly important, UTM Athletics Director Julio Freire said in a presentation at a recent student presidents roundtable meeting. | **Photo Credit/Sports Information**

athletics department, which has been one of Freire's biggest goals since arriving at UTM.

“This game will serve as a preview of what's to come for students and [UTM] athletics in the future

In a recent presentation he made at a Student Organizations President's Roundtable Meeting, Freire pointed out examples of some of the most prominent student sections in the country. He also pointed out several in the OVC and ended with what he

envisioned UTM's to be in the near future.

Sodexo, in an attempt to draw more students to the event, will close the University Center cafeteria and instead, offer dinner in the University Center cafeteria. They will, however, still accept your Skyhawk card meal plans at the event.

As part of his initiative to get more student involvement with athletics, Freire went around to student organizations on campus and personally invited them to Saturday's event.

During timeouts and the two halftimes, members of various organizations will provide entertainment to all in attendance.

“This game will serve as a preview of what's to come for students and [UTM] athletics in the future,” said UTM

Athletics in a press release. “So come on out and enjoy a meal, make some noise and cheer on your Skyhawks as they take on two of their biggest Ohio Valley Conference rivals.”

This will be the second time this season these teams have all met.

On Jan. 4, the women's team edged passed Murray State 88-87 on the road. After that victory, the team would win eight straight games before SIU Edwardsville ended their winning streak at 10 games.

On Feb. 12, the men's team defeated Southeast Missouri 79-70 to end a four-game losing streak. The victory was their third OVC win of the year.

Top 5 Student Sections in NCAA*

1. Duke
2. Michigan State
3. Utah State
4. Illinois
5. Gonzaga

OVC Student Section Rankings**

1. Murray State
2. Austin Peay
3. Belmont
4. Eastern Illinois
5. Southeast Missouri
6. SIU Edwardsville
7. Eastern Kentucky
8. Morehead State
9. Tennessee Tech
10. Jacksonville State
11. Tennessee State
12. UTM

*Ranked by the NCAA

**Ranked by a poll done by *The Pacer*

Sports

Schedule 2/19-3/11

Baseball

2/19 4 p.m. at Ole Miss
 2/21 3 p.m. vs. Eastern Michigan
 2/22 2 p.m. vs. Eastern Michigan
 2/23 1 p.m. vs. Eastern Michigan
 2/25 2 p.m. vs. Southern Illinois
 2/28 6:30 p.m. @ Stephen F. Austin
 3/1 2 p.m. @ Stephen F. Austin
 3/2 1 p.m. @ Stephen F. Austin
 3/4 4 p.m. @ Central Arkansas
 3/5 1 p.m. @ Central Arkansas
 3/7 6 p.m. @ Jacksonville State*
 3/8 1 p.m. @ Jacksonville State*
 3/9 1 p.m. @ Jacksonville State*

Men's Basketball

2/20 7 p.m. vs. Tennessee Tech*
 2/22 4 p.m. vs. Southeast Missouri*
 2/27 7 p.m. vs. Murray State*
 3/1 4 p.m. vs. Austin Peay*
 3/5-8 TBA vs. OVC Tournament#

Women's Basketball

2/22 2 p.m. vs. Murray State*
 2/27 7 p.m. @ Eastern Illinois*
 3/1 2 p.m. vs. Austin Peay*
 3/5-8 TBA vs. OVC Tournament#

Equestrian

3/7 10 a.m. vs. Minnesota-Crookston
 3/8 10 a.m. vs. South Carolina

Golf

3/9 TBA vs. Grover Page Classic

Rifle

2/22 TBA at NRA Sectional/NCAA Qualifier
 (at Murray State)

Rodeo

2/20 TBA @ Cossatot CC
 3/6 TBA @ Southern Arkansas

Softball

2/21 3:45 p.m. vs. Buffalo ^
 2/22 9 a.m. vs. Northern Colorado ^
 2/22 6 p.m. vs. Saint Louis ^
 2/23 11:15 a.m. vs. Bowling Green^
 2/23 3:45 p.m. @ Ole Miss ^
 3/2 9 a.m. vs. Princeton ~
 3/2 1:30 p.m. vs. Stetson ~
 3/3 10 a.m. vs. College of Charleston~
 3/4 1 p.m. @ Bethune Cookman
 3/4 3 p.m. @ Bethune Cookman
 3/6 4 p.m. @ UCF
 3/7 1:30 p.m. vs. Colgate ~
 3/7 6 p.m. vs. Western Carolina ~
 3/8 9 a.m. vs. Troy ~
 3/11 3 p.m. vs. Saint Louis
 3/11 5 p.m. vs. Saint Louis

Tennis

2/21 7 p.m. @ Evansville
 2/22 10 a.m. vs. Arkansas State
 (@ Carbondale, Ill.)
 2/23 10 a.m. @ Southern Illinois
 3/2 1 p.m. @ North Alabama
 3/3 1 p.m. @ Auburn-Montgomery
 3/5 2 p.m. @ West Florida
 3/8 2 p.m. @ Jacksonville State*

* OVC opponent

^ Ole Miss Tournament - Oxford, Miss.

~ UCF Tournament - Orlando, Fla.

Municipal Auditorium - Nashville, Tenn.

UTM Sports briefs

Baseball loses 2014 season opener 5-0 to UAB

A pitching duel took place last Friday at Regions Field, as the UTM matched Conference USA member UAB pitch-for-pitch through seven innings before the Blazers pulled away for a 5-0 win. Skyhawk starting pitcher Taylor Cox posted one of the best starts of his career tonight, conceding just one unearned run on only six hits and zero walks over a career-high seven innings. However, despite his efforts, he was saddled with the loss after UAB broke a scoreless tie with a run in the bottom of the sixth. Chris Ross took over in the bottom of the eighth, allowing four runs in the final frame.

Softball team closes out Panther Invitational

The UTM softball tallied a rare 6-6 tie against Bowling Green before dropping its final game against Georgia Tech 8-5 to close out the Georgia State Panther Invitational. The Skyhawks (3-4-1) scored 11 runs on the day while tallying one home run and 16 hits on the final day of the Panther Invitational, held on the campus of Georgia Tech. Sophomore Deven Wilson led the way for the Skyhawks with a .500 batting average, tallying three hits including one double and an RBI. Wilson was one of five Skyhawks to tallying two hits or more. Kenzi Tate tallied the team's lone home run to go along with a pair of hits and one RBI. Freshman Renate Meckl made the most of her two hits on the afternoon, driving in three RBIs to lead the team. Meckl was joined by classmate Gabby Glenn who tallied three hits, including one double and two RBIs.

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The Pacer Player of the Week

- In a 104-65 victory over Tennessee State to clinch the Ohio Valley Conference, Heather Butler totaled a game-high 27 points.
- Two days prior to the Tennessee State game, Butler was second on the team with 19 points in a 102-70 victory over Southeast Missouri.



Heather Butler

Photo Credit/Sports Information

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